



Your Foodie News & Updates

Welcome to BITE - your Nova Scotia food and beverage newsletter. The Foodie Edition will provide you with interesting articles, upcoming events, current restaurant information, recipes and more!

[Visit our Website](#)

Fun Food Fact



How To Make Golden Veggie Shepherd's Pie

Warm, hearty, and comforting, this vegetarian Cottage Pie is packed with lentils, mushrooms, veggies and herbs. It feeds a small crowd and is a festive way to celebrate the holiday season or anytime a cozy meal is needed. This recipe is vegetarian, easily vegan and gluten free!



Method:

- Step 1

To make the sauce, heat 50g butter in a pan, then gently fry 2 chopped onions, 4 diced carrots, 1 chopped head of celery and 4 finely chopped garlic cloves for 15 mins until soft and golden.

- Step 2

Turn up the heat, add 200g sliced chestnut mushrooms, then cook for 4 mins more.

- Step 3

Stir in 2 bay leaves and 1 tbsp dried thyme, then add 500g green lentils. Pour over 100ml red wine and 1.7l vegetable stock – it's important that you do not season with salt at this stage.

- Step 4

Simmer for 40-50 mins until the lentils are very soft.

- Step 5

Season to taste, take off heat, then stir in 3 tbsp tomato purée.

- Step 6

While the lentils are cooking, tip 2kg floury potatoes into a pan of water, then boil for about 15 mins until tender. Drain well, mash with 85g butter and 100ml milk, then season with salt and pepper.

- Step 7

To assemble the pies, divide the lentil mixture between all the dishes that you are using, then top with mash.

- Step 8

Scatter over 50g grated cheddar and freeze for up to two months or if eating that day, heat oven to 190C/fan 170C/gas 5, then bake for 30 mins until the topping is golden.

[Source](#)

Double Chocolate Martini

Ingredients:

- Grated chocolate
- 1 maraschino cherry
- Chocolate syrup, optional
- Ice cubes
- 2-1/2 ounces half-and-half cream
- 1-1/2 ounces vodka
- 1-1/2 ounces chocolate liqueur
- 1-1/2 ounces creme de cacao

Directions:

1. Sprinkle grated chocolate onto a plate. Moisten the rim of a martini glass with water; hold glass upside down and dip rim into chocolate. Place cherry in glass. If desired, garnish glass with chocolate syrup.
2. Fill a tumbler or mixing glass three-fourths full with ice. Add the cream, vodka, chocolate liqueur and creme de cacao; stir until condensation forms on outside of tumbler. Strain into glass; serve immediately.



Nutrition Facts

1 serving: 569 calories, 8g fat (5g saturated fat), 38mg cholesterol, 45mg sodium, 51g carbohydrate (46g sugars, 0 fiber), 3g protein.

[Source](#)

Banana Caramel Cream Dessert

Ingredients:

- 300g digestive biscuits
- 150g unsalted butter, melted, plus extra to grease
- 400g white chocolate, broken into pieces
- 300g full-fat cream cheese (we used Philadelphia)
- 250g mascarpone
- 300ml double cream
- 200g strawberries or raspberries, to serve



Method:

- Step 1

Crush the biscuits in a [food processor](#) until completely ground. Add butter and whizz again until you have the desired crumbly consistency.

- Step 2

Grease and line the base of a 23cm deep, loose-bottomed cake tin. Add the biscuit mixture to the cake tin and pat it flat. Leave to set in the fridge for approximately 30 mins.

- Step 3

Begin melting the chocolate in a heatproof glass bowl over a small pan of hot water on a low heat. Stir occasionally to prevent sticking. Remove from the heat and leave to cool for 10 mins until barely warm but still liquid.

- Step 4

Meanwhile whisk the cream cheese and mascarpone together. Add double cream and keep whisking until the mixture is just holding its own shape. Finally, add the melted chocolate and whisk until just combined.

- Step 5

Spoon the mixture over the cooled and set biscuit base, then smooth the top. Return to the fridge to cool for at least 6 hrs until the topping is set. Finally, decorate with fruit.

[Source](#)

In the Know

What Does the Restaurant Sector Look Like Moving Forward?

As we continue to navigate Covid-19 and move into the New Year, here are some things to be mindful of when dining out at restaurants or getting take-out/delivery:

- **Masks** still mandatory for entering into an eating establishment. May be removed to eat or drink at a table, bar counter, or high table. Masks back on when moving around (going to the washrooms, for example)
- **Proof of vaccination** with accepted I.D. continues to be mandatory
- Restaurants are experiencing challenges with **labour shortages**. Please keep in mind that many establishments are short-staffed and doing the best they can do to serve customers
- Due to **inflation** regarding food costs, you may notice price increases on menus when eating out. This is necessary for many restaurants if they want to navigate the inflation and stay in business

The 10 Best Desserts in the World

1. Gelato
2. Pavlova

3. Banoffee Pie
4. Portuguese Tarts
5. S'mores
6. Tiramisu
7. Belgian Waffles
8. American Brownies
9. Hummingbird Cake
10. Sticky Date Pudding

Read full article and get the recipes [here](#).

Interesting Articles

Using food to cope in lockdown? Here's what to do

<https://verv.com/using-food-to-cope-in-lockdown-heres-what-to-do/>

COVID-19 and immunity: Why you should add less salt while cooking

<https://recipes.timesofindia.com/articles/food-facts/covid-19-and-immunity-why-you-should-add-less-salt-while-cooking/photostory/88541806.cms>

Is fast food bad for you? All you need to know about its nutrition and impacts

<https://www.medicalnewstoday.com/articles/324847>

New safety concerns for bagged salads

<https://www.traincan.com/foodsafetynews/new-safety-concerns-for-bagged-salads>
















Fun Test

Does Your Real Age Match Your Taste Bud's Age? Pick A Food For Each Of These 16 Ingredients To find Out

Find the test [here](#).



How to Fight Pandemic Fatigue: 15 Self-Care Tips

15 WAYS to PRACTICE SELF-CARE				
 EAT A HEALTHY SNACK TO NOURISH YOUR BRAIN & BODY	 ENJOY A CUP OF HOT TEA	 MAKE A LIST OF SOME PEOPLE & THINGS YOU ARE GRATEFUL FOR	 READ A BOOK FOR 10 TO 15 MINUTES	 TAKE A STRETCH BREAK IN THE MIDDLE OF EMAILS
 TAKE A WALK OUTSIDE AND PAY ATTENTION TO WHAT YOU SEE	 CALL A FRIEND TO CHAT	 LIGHT AN AROMATHERAPY CANDLE	 TURN YOUR PHONE OFF FOR 30 MINUTES	 LISTEN TO A MEDITATION OR WATCH A YOGA VIDEO
 TAKE FIVE MINUTES TO SIT DOWN & TAKE A DEEP BREATH	 GET INTO BED 15 MINUTES EARLY	 NOTICE THE WAY THE WATER FEELS WHEN TAKING A SHOWER	 JOURNAL YOUR THOUGHTS	 SMILE, AND REMEMBER TO ENJOY WHAT YOU ARE DOING

Now more than ever, amid the ongoing COVID-19 pandemic, we need to take small steps to focus on our well-being, because every little thing we do counts in helping manage our stress. To get started, here is a list of 15 simple things you can do to practice self-care.

Cabot Cape Breton is Hiring!



Cabot Cape Breton is looking for an exceptional leader who is passionate about the culinary arts to join us as our Director, Food and Beverage. To apply for this position, visit our website [here](#).

Things to do

Restaurants Offering Patio/Dome Dining For Winter

Did you know that there are restaurants across Nova Scotia offering outdoor patio/dome dining?

What a fun way to enjoy our chilly winters and delicious food at the same time.

We have started a list! Visit our instagram [@restassocns](#).



Dine Around

Every year, restaurants, pubs, and bars across the province showcase an array of Nova Scotia products and creativity at an attractive price during Dine Around.

01-28 February 2022, Dine Around menus will be available priced at \$10, \$20, \$30, \$40 or \$50.

Lunch menus are an option! More options mean more ways to participate and more choices for diners.

savourfoodandwine.com

Support Family SOS by Ordering a Pizza Now!

Halifamous Delivers is a one-night event that will bring people together for pizza parties all over Halifax! Our very own Halifamous will be delivering pizzas to homes across the HRM while bringing



awareness and raising money for Family SOS. The best part? These Halifamous have pledged \$20K each if we sell the city out of pizza! It's a WIN WIN.

Help Family SOS fight against food insecurity by supporting teams of Halifamous hometown heroes as they race to raise over \$100,000. Enjoy a slice while you're at it! \$5 from every pizza sold directly supports families in our community.

Pssst... the Halifamous Team that delivers your pizza may have a few surprises up their sleeves to say thank you!

Start your order by choosing the Pizza Restaurant based on your location [here](#).

Nova Scotia Craft Beer Festival

Nova Scotia Craft Beer Festival is a beer tasting celebration presented annually by the Craft Brewers Association of Nova Scotia to showcase the best of craft beer locally produced throughout the province.

Come and join other Nova Scotia craft beer fans and sample the creativity of over 45 Nova Scotia craft beer breweries.

Tickets to each session include a souvenir tasting glass, sample tickets to be redeemed at individual breweries, and opportunities to meet craft beer brewers and other craft beer enthusiasts. Tasting sessions will last 3.5 hours for VIP ticket holders and 2.5 hours for General Admission ticket holders.



Saturday, April 2, 2021

Click [here](#) for more info.

Nova Scotia Lobster Crawl Festival



Join us for the most delicious annual event in Nova Scotia, the Nova Scotia Lobster Crawl happening February 1 - 28, 2022 along the South Shore, from Barrington to Peggy's Cove and every port in between!

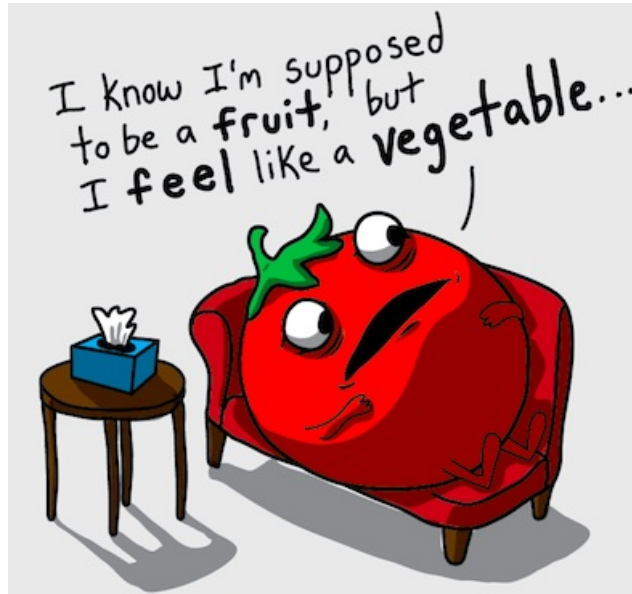
Sip, savour, shop, stay and enjoy amazing lobster experiences while you sample variations of the traditional lobster roll and lobster-infused dishes at participating restaurants:

- Pack your bags and check-in for the Crawl
- Sip and savour your favourite lobster dishes paired with wines, beers, and spirits at participating restaurants

- Discover lobster lore: art, music, stories, and traditions shaped by the lobster industry
- Learn to create your own nautical treasures and souvenirs
- Discover how the lobster industry works

Click [here](#) for more info.

Smile of the Day



Submissions

We are in search of Foodie submissions from our members! If you have an event, new feature, or fun recipe to add to the Foodie Newsletter and/or our social media, please send over to Natasha. Submissions or feedback can be sent to natasha@rans.ca

